

WHAT IS CLAIMED IS:

1 1. A support pillow comprising:
2 a pillow body having a medial region and two opposing arms that define an
3 outer periphery and an inner periphery, wherein the inner periphery defines a
4 generally open well;
5 at least one flap coupled to the pillow body at the outer periphery to adjust the
6 position of the pillow when worn about a user.

1 2. A pillow as in claim 1, wherein the flap comprises a piece of fabric
2 that is coupled to the pillow body.

1 3. A pillow as in claim 1, wherein the pillow body comprises a fill
2 material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.

1 4. A pillow as in claim 3, wherein the fabric cover comprises a top piece
2 and a bottom piece that are sewn together along a seam line, and wherein the flap is sewn
3 between the top piece and the bottom piece.

1 5. A pillow as in claim 1, wherein the flap comprises a first flap and
2 further comprising a second flap coupled to the pillow body at the outer periphery.

1 6. A pillow as in claim 5, wherein the flaps are coupled to the pillow
2 body near where the two arms meet the medial region.

1 7. A pillow as in claim 6, wherein the flaps are positioned about 12
2 inches to about 20 inches apart.

1 8. A pillow as in claim 1, wherein the flap extends from the pillow body
2 by a distance in the range from about 1 inch to about 6 inches.

1 9. A pillow as in claim 1, wherein the arms and the medial region are
2 generally curved to provide a curved exterior periphery.

1 10. A method for positioning a pillow about a person, the method comprising:
2 providing a pillow comprising a pillow body having a medial region
3 and two opposing arms that define an outer periphery and an inner periphery, wherein
4 the inner periphery defines a generally open well; and at least one flap coupled to the
5 pillow body at the outer periphery to adjust the position of the pillow when worn
6 about a user;
7 placing the pillow about a person's torso; and
8 grasping the flap and manipulating the pillow body to a desired
9 orientation about the person's torso.
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11 11. A method as in claim 10, wherein the flap comprises a piece of fabric
12 that is coupled to the pillow body, and wherein the piece of fabric is grasped in the person's
13 hand.

1 12. A method as in claim 10, wherein the pillow body comprises a fill
2 material that is encased in a fabric cover, and wherein the flap is coupled to the fabric cover.

1 13. A method as in claim 12, wherein the fabric cover comprises a top
2 piece and a bottom piece that are sewn together along a seam line, and wherein the flap is
3 sewn between the top piece and the bottom piece.

1 15. A method as in claim 10, wherein the flap comprises a first flap and
2 further comprising a second flap coupled to the pillow body at the outer periphery, and
3 wherein the first flap or the second flap is grasped.

1 15. A method as in claim 15, wherein the flaps are coupled to the pillow
2 body near where the two arms meet the medial region, and wherein the flaps may be coupled
3 with each hand.

1 16. A method as in claim 16, wherein the flaps are positioned about 12
2 inches to about 20 inches apart.

1 17. A method as in claim 10, wherein the flap extends from the pillow
2 body by a distance in the range from about 1 inch to about 6 inches.

1 18. A method as in claim 10, wherein the arms and the medial region are
2 generally curved to provide a curved exterior periphery.